

## Worksite Challenge: Fit with 5

### Rules of the Challenge

In order to participate, each employee must set his or her own personal 10 week point goal for the “Worksite Challenge: Fit with 5” event. Participation may either be as an individual or as a team.

- “Worksite Challenge: Fit with 5” is 10 weeks long.
- The teams should contain no fewer than five and no more than eight members.
- Team members must work at the same worksite.
- Participants will receive three points for each day that they are physically active for a minimum of 30 minutes. A total of 21 points can be accrued if participants meet the physical activity goal every day of the week. Participants must be physically active a minimum of six weeks to receive points.
- Participants will receive three points for each day they eat at least five servings of fruits and vegetables. A total of 21 points can be accumulated each week.
- A team will receive an additional 10 points for each week that all members meet the activity goal (30 minutes a day at least five days that week) and the diet goal (at least five servings of fruits and vegetables eaten daily for five or more days that week). An additional five points are received if the logs are turned in on time for a total of 15 bonus points.
- Each participant is responsible for keeping track of his or her earned points on the personal “Worksite Challenge: Fit with 5” log.
- Participants must report their points to their team captain every two weeks.
- In order for each team to get credit for their points, team captains must electronically mail or fax team point totals to the below location. Coordinators must receive results (not postmarked) by 4:30 p.m. the following Monday in order for the points to count.

### Helpful Hints for the Team Captain

- Use gentle persuasion to help your team reach goals.
- Remember, this is FUN!
- Set realistic goals for yourself and your team.
- Lead by example.
- Collect all participant registration forms and pre-physical activity surveys by (DATE).
- Ask for feedback. Your teammates are the best source of information on how to motivate them.
- For your team to receive maximum points, you must electronically mail or fax in all your paperwork to your coordinator. The deadline for individual team points is included on the rules page. The coordinator must receive total team points by 4:30 p.m. the Monday following the deadline for individual team points.
- Team standings will be sent out every two weeks. Standings can only be accurate when teams send in timely results.
- Celebrate when the contest is finished. You will have gained valuable information to become physically fit and a nutritious eater.
- Electronically mail or send hard copies of all evaluation forms, post-physical activity tracking surveys and final team points to coordinators by (DATE).

E-mail team points to \_\_\_\_\_ (NAME) \_\_\_\_\_ at \_\_\_\_\_ (E-MAIL ADDRESS) \_\_\_\_\_

Fax team points to \_\_\_\_\_ (NAME) \_\_\_\_\_ at \_\_\_\_\_ (FAX NUMBER) \_\_\_\_\_